



**For immediate release:** May 1, 2006

**INSHAPE INDIANA TO HOST DNR DAY ON MAY 6**  
*Get INShape for free at a state park or reservoir*

INDIANAPOLIS---In support of Governor Mitch Daniels' INShape Indiana statewide health initiative, all Indiana state parks and reservoirs will be hosting a 2 to 3 mile walk at 10:00 a.m. (local time) on DNR Day, Saturday, May 6 for INShape Indiana participants.

INShape Indiana participants will be admitted free of charge to the park or reservoir of their choice. Free T-shirts will be given to those participating in the walks on a first come, first served basis while supplies last. Individuals who are not yet INShape Indiana participants can register for free at [www.INShape.IN.gov](http://www.INShape.IN.gov). The DNR typically charges \$4 per vehicle (\$5 per out-of-state vehicle) in gate fees per visit.

DNR Day marks the conclusion of Healthy Indiana Week, which is May 1 – 5, 2006. Governor Mitch Daniels proclaimed this week Healthy Indiana Week in support of the National Governors Association's (NGA's) chairman's initiative "Healthy America," which is designed to raise national awareness about the urgent need for all Americans to live healthier, more active lives. The NGA is celebrating May 1 – 5 as Healthy America Week.

Kyle Hupfer, director of the DNR, said, "We are proud to join Governor Daniels in his health initiative by opening our state parks to all INShape Indiana participants free of charge on May 6. It is a wonderful time to be outdoors in Indiana and a hike in a state park is a great way to conclude Healthy Indiana Week and burn off a few calories."

Gov. Daniels launched INShape Indiana in July 2005, challenging Hoosiers to make healthy choices. The free, Web-based program provides statewide information on physical fitness activities, nutrition, and smoking cessation. INShape Indiana is personalized and allows participants to track progress on the Web site ([www.INShape.IN.gov](http://www.INShape.IN.gov)), which is updated biweekly.

The DNR works to ensure the conservation and wise use of Indiana's natural and cultural resources and offers outdoor recreation opportunities to all Hoosiers. For a list of state parks and reservoirs, visit [www.in.gov/dnr/parklake](http://www.in.gov/dnr/parklake)

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